

# TOWN OF HERNDON

*Enriching the Quality of Life and Promoting a Sense of Community*



## **GIRLS ON THE RUN – AT THE HERNDON COMMUNITY CENTER**

**WHAT:** Now more than ever, children need opportunities to improve their physical abilities. Girls on the Run is a life-changing, experiential learning program for girls ages 8-12 that combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The goal of the program is to encourage positive emotional, social, mental and physical development. Starting Tuesday, Oct. 3 the program will meet on Tuesdays & Thursday from 4:00 – 5:00 p.m. for 20 sessions. The program will be supervised by Coach Lindsay Hobson. The fee is \$157 – Town of Herndon residents and \$195 for non-residents (activity code 2620.201.) This program will meet on the outdoor basketball courts at the Herndon Community Center, 814 Ferndale Avenue. All classes are held, rain or shine. Register online at [www.herndon-va.gov](http://www.herndon-va.gov). Scholarships are available through [www.girlsontherunofnova.org](http://www.girlsontherunofnova.org).

For more information, contact the Town of Herndon Parks and Recreation Department, 703/787-7300.